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‘OZARK’ RETURNS

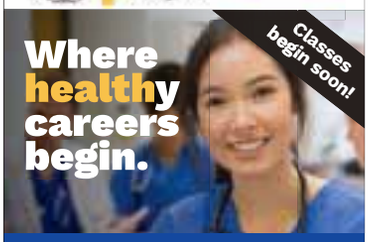
Trevor Long gets us ready for season 2. 13

GETTY IMAGES

Pope may have known about sex abuse scandal. 8-9

Williams sisters on collision course at 2018 US Open. 18

Swedish Institute College of Health Sciences



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SECOND CHANCE

Record sealing is a way for some felons to restart their lives, but very few are taking advantage of this opportunity. 6

PHOTO ILLUSTRATION ISTOCK

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5 THINGS TO KNOW

WELCOME TO METRO.US

NIKKI M MASCALI, REPORTER

When "Jane" was a kid, she made a mistake that resulted in a felony conviction that altered the path of her life. But thanks to state legislation passed last year, she's been able to seal the record of her first and only offense and finally move on, ending the stigma that's plagued her. Thousands of New Yorkers are eligible to do the same, but they don't. To find out why, I spoke to Jane's lawyer, Rick Collins, who was instrumental in getting this law passed. To learn more, turn to page 6 or visit **metro.us.**

TRUMP ACCUSES GOOGLE OF BIAS, WH PROBES

1 President Donald Trump on Tuesday accused Google's search engine of promoting negative news articles and hiding "fair media" coverage of him, vowing to address the situation without providing evidence or giving details of action he might take. Trump's attack against the Alphabet Inc. unit follows a string of grievances against technology companies, including social media's Twitter Inc. and Facebook Inc., which he has accused of silencing conservative voices, and Amazon.com Inc, which he has said is hurting small businesses and benefiting from a favorable deal with the U.S. Postal Service. He frequently berates news outlets for what he perceives as unfair coverage. Google denied any political bias, saying in a statement that its search engine is "not used to set a political agenda and we don't bias our results toward any political ideology." Trump said in several tweets on Tuesday that Google search results for "Trump News" were "rigged" against him because they showed only coverage from outlets like CNN and not conservative publications, suggesting the practice was illegal.

TEXAS COP GUILTY OF MURDERING BLACK TEEN

2 A Texas jury on Tuesday found a white former policeman guilty of murder for fatally shooting a black teenager in a car moving away from him in a 2017 case in a Dallas suburb that fueled a national debate over possible racial bias in U.S. policing. The police officer, Roy Oliver, 38, was fired by the Balch Springs Police Department for violating department policy a few days after he fatally shot Jordan Edwards, 15, a standout high school student and athlete. Edwards was shot in the head. The conviction was a rare instance in which an officer was found guilty of murdering an unarmed person. Oliver faces up to life in prison; sentencing will come later. Oliver, along with another officer, had responded to reports of underage drinking at a house party in the predominantly black and Hispanic city of Balch Springs, about 15 miles southeast of Dallas. Oliver fired his rifle several times into a car with several other teens inside, prosecutors said. The jury deliberated for about 12 hours over two days before reaching its verdict, following a trial that started in mid-August.

GETTY IMAGES

2018 US OPEN

3 Roger Federer of Switzerland hits a return to Yoshihito Nishioka of Japan during Tuesday's 2018 US Open men's match in Queens. Federer won in straight sets, 6-2, 6-2, 6-4.
Read more on the US Open on page 18.

PUERTO RICO DEATH TOLL FROM MARIA NEARLY 3,000

4 The official death toll on Puerto Rico from Hurricane Maria, the most powerful storm to strike the Caribbean island in almost a century, was raised on Tuesday from just 64 to nearly 3,000, based on a study ordered by the governor of the U.S. territory. The report found that an estimated 2,975 deaths could be attributed directly or indirectly to Maria from the time it struck in September 2017 to mid-February of this year. The figure was derived from comparisons between predicted mortality under normal circumstances and deaths documented after the storm. The emergency response to Maria became highly politicized as the Trump administration was criticized as being slow to recognize the gravity of the devastation and too sluggish in providing disaster relief to Puerto Rico, an island of more than three million residents. The study, conducted by George Washington University's Milken Institute School of Public Health and released Tuesday, also found that the risk of death from the hurricane was substantially higher for poor people and elderly men.

FANS PAY LAST RESPECTS TO ARETHA FRANKLIN

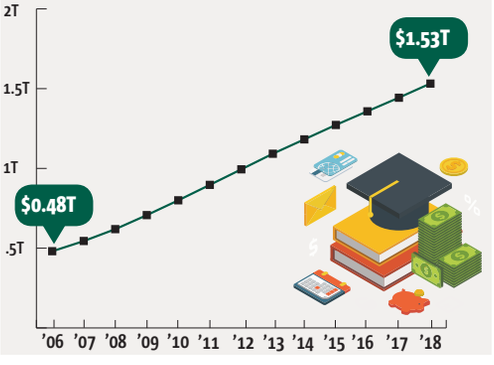
5 Aretha Franklin's body lay in repose on Tuesday while her soaring voice poured out from loudspeakers outside a Detroit museum, stirring fans to sway and sing along and others to weep as they lined up for a last glimpse of the Queen of Soul. Franklin died last week at the age of 76 from pancreatic cancer in Detroit, where she began her career as a child singing gospel in the New Bethel Baptist Church choir. Her powerful voice, seared with emotion, would become the daunting standard for other singers to match, but fans described a legacy beyond her most famous recordings. "Aretha made a lot of women look at themselves differently and changed how a lot of men looked at women," Alma Riley, 67, said after waiting in line outside the visitation at the Charles H. Wright Museum of African American History for nearly three hours. "That is particularly important today, when we see such a lack of respect." Franklin's body was displayed in an open, gold-plated casket that glowed beneath the grand rotunda's glass dome ceiling. There were clouds of pink flowers.

STATS

FRED ECONOMIC DATA

A 'DEBT SENTENCE'

Outstanding student loans in US from 2006 to 2018



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ACCELERATE YOUR FUTURE.

The seven New Yorkers who braved rush hour on different modes of transportation. **PROVIDED BY REVEL TRANSIT**

E-moped beats bike, subway and Uber in Brooklyn rush-hour race

Revel Transit recently launched its rideshare e-mopeds in Brooklyn.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

New York City rush hour is the bane of many commuters' existence. Do you risk getting delayed on the subway, or hop in a cab to then just get stuck in some of the world's worst traffic?

Other transit options have been infiltrating the city as a way to provide relief to these woes, and one of the latest additions, Revel Transit, the company behind the rideshare electric mopeds that recently debuted in Brooklyn, organized a rush-hour race to see how it fared against other commuting choices.

On Tuesday morning, seven New Yorkers battled rush hour on seven different modes of transportation: Revel Transit electric moped, Citi Bike, the subway, the bus, an Uber, an Uber Pool and a green taxi.

The rush-hour route? The race began at Revel Transit's headquarters on 12 Cypress Avenue in Brooklyn at 8:40 a.m. and ended at Court Square. This meant the subway ride consisted of the L train to the G train, and the bus route was the B57 to the Q59.

Revel's electric moped won the race (they did organize the event), clocking in at a total commute time of 23 minutes. The Uber Pool ride came in second place at 34 minutes and the regular Uber ride in third with a travel time of 37 minutes.

Yup, Citi Bike landed in last place, per Revel, though perhaps Tuesday's heat didn't help the rider's chances.

"The trip was much harder than I thought it would be," said the New Yorker tasked with riding the Citi Bike during the race, per a statement. "Several uphill climbs and some traffic slowed me down. I didn't see anywhere to attach my phone, so I lost some time stopping to take my phone out a few times to make sure I was headed the right way. Very tiring, but fun. It was a 20-minute walk to the Citi Bike dock since there are no docking stations in Bushwick and 44 minutes on the bike."

Citi Bike was the cheapest rush-hour commute option, Revel noted (though the "free" ride came as part of a $169/year membership). Public transit was the second-cheapest with a fare of $2.75, followed by the Revel e-moped, which was $4.36. The 37-minute solo Uber ride racked up a charge of $41 (it was surging, according to the rider), making it the most expensive option in the rush-hour race.

The rush-hour race was a way to scrutinize morning transit options for Brooklynites, Revel officials said.

"L train shutdown aside, outer-borough residents have faced limited transportation access for too long, leaving many to suffer long and often delayed commutes," said Revel Transit Co-Founder Paul Suhey in a statement. "We hope that by bringing e-mopeds to Brooklyn, we can add a needed transportation link to an area that desperately needs it."

"REVEL RACE" NYC RUSH-HOUR COMMUTE TIMES

Revel E-moped: 23 minutes
Uber Pool: 34 minutes
Uber: 37 minutes
Green Cab: 43 minutes
L Train to G Train: 44 minutes
Bus: 50 minutes
Citi Bike: 58 minutes

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PERLMUTTER CANCER CENTER

Surgical Treatments for Lymphedema
Date: Thursday, September 6 Time: 5:30–6:30 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

Partners in Treatment and Care: Brain Tumor Patient and Caregiver Forum
Date: Saturday, September 8 Time: 8:30 am–1:30 pm
Location: 435 East 30th Street, 1st Floor, Seminar Room SB-103

The Link Between Obesity and Cancer
Date: Thursday, September 13 Time: 12:00–1:30 pm
Location: 760 Broadway, 10th Floor Solarium, Brooklyn, NY

To attend this lecture, please call 718-963-5771.

Breast Cancer in Women of Color
Date: Saturday, September 15 Time: 8:30 am–12:00 pm
Location: 550 First Avenue, Farkas Auditorium

How to Thrive After Cancer
Date: Tuesday, September 18 Time: 6:00–7:00 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

Calling All Women: What You Need to Know About Gynecologic Cancer
Date: Tuesday, September 25 Time: 6:00–7:30 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

Spotlight on Prostate Cancer: Screening and Groundbreaking Research
Date: Thursday, September 27 Time: 6:00–7:30 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

Pancreatic Cancer Interactive Forum
Date: Saturday, September 29 Time: 8:00 am–12:30 pm
Location: 45 Seventh Street, Garden City, NY

To attend Perlmutter Cancer Center lectures, please visit nyulangone.org/cancerrsvp, email cancerevents@nyumc.org, or call 212-263-2266.

BONE HEALTH

Your Bone Health and Free Density Screening
Date: Monday, September 17 Time: 3:00–5:00 pm
Location: 301 East 17th Street, Loeb Auditorium

To attend, please email brigitte.jones@nyumc.org or call 212-598-6052.

CHILD STUDY CENTER

Organizational Skills, Executive Functions, and Academics: The Brain Science of Skill Building
Date: Tuesday, September 4 Time: 1:00–1:30 pm
Location: Online

To view the webinar, please visit nyulangone.org/cscwebinars.

HEART HEALTH

Transforming Cardiac Care: Better Technology, Better Health
Date: Monday, September 17 Time: 6:00–7:00 pm
Location: 550 First Avenue, Alumni Hall B

To attend, please email cvdprevention@nyumc.org or call 646-501-2190.

RUSK REHABILITATION

Parkinson's Disease: Therapy Approaches to Improve Your Life
Date: Wednesday, September 26 Time: 5:00–6:30 pm
Location: 240 East 38th Street, Ground Floor, Room 11

To attend, please email ruskrsvp@nyumc.org or call 212-263-6952.

SPORTS PERFORMANCE CENTER

Marathon Training: Prevent and Manage Injuries
Date: Thursday, September 13 Time: 6:00–7:30 pm
Location: 333 East 38th Street, 6th Floor Conference Room

To attend, please register at nyulangone.org/cmcevents.

NYU Langone Health

MADE FOR NEW YORK.

Record sealing breaks indelible stigma of past convictions, but many eligible aren't applying

Record sealing is dubbed "second-chance legislation" as it allows those who are eligible to put the stigma of past convictions behind them.

NIKKI M. MASCALI
nikki.mascali@metro.us

"Jane," who is in her 30s, has not had an easy time finding a job since a drug sale conviction in New York City in her late teens. But thanks to the state's record sealing legislation, the life she's always imagined is now within reach.

"Searching for jobs was an unimaginably difficult task prior to my sealing," said Jane, whose felony was her first and only offense. "It seemed that no matter how hard I tried or how suitable the job was, there was absolutely nothing I could do to save myself from the constant judgment I had to face. People assumed the very worst."

Jane is one of thousands of New Yorkers eligible for record sealing, yet she and just a few hundred others have taken advantage of last fall's legislation.

"The latest number was that 346 individuals have successfully sealed their records under the new law," said Long Island-based attorney and advocate Rick Collins, who played a critical role in the record sealing law's passage. "Most people don't know about the new law as it passed as part of a larger budget package, and it was not the front headline."

To be eligible for record sealing, convictions must be 10 years prior or more and nonviolent. Individuals must have no more than two convictions, either one felony and one misdemeanor or two misdemeanors.

Despite thousands of New Yorkers being eligible for record sealing, just 346 have had past convictions sealed, said attorney Rick Collins, who played a vital role in the law's passage last fall. PROVIDED

"It's very tailored to limit eligibility to people who have minimal criminal histories and low-level, nonviolent crimes," Collins explained.

Costs vary, and while not required, Collins suggests hiring an attorney as applications need to be properly filed to a district attorney and the courts. And since a judge can request a hearing, "a prosecutor can oppose the application, which can put an unrepresented person into a courtroom with a seasoned prosecutor — and adversary."

The application needs to include information on how the criminal conviction has impacted the applicant's life and prevented them from achieving goals, as well as "how they've done their best to live a law-abiding life," Collins said. "Then it is a discretionary decision by a judge to grant or deny that application."

If approved, the record will be sealed from public view — but not law enforcement.

Before New York became one of the last states to allow record sealing, "there was no opportunity to ever get out from under the stigma of that conviction," Collins said. "The collateral consequences of a criminal conviction are numerous — it can affect everything from employment to education to housing to getting a loan and certain licenses."

They are costs his client Jane knows all too well.

"Rather than being a kid who made a mistake, I was dubbed a 'felon,'" she said. "People didn't really seem to care what kind of person I had grown into. Unfortunately, when you make a mistake related to drugs, it's extremely hard to live it down. Once a drug felon, always a drug felon."

But that stigma is finally over. Since Jane had her record sealed earlier this summer, "I have found a job in management," she shared. "What's better is that that's not good enough for me. I'm finally able to go beyond the mediocre and strive for the best. I intend to go back to school and complete a degree in education. My life will finally have meaning again."

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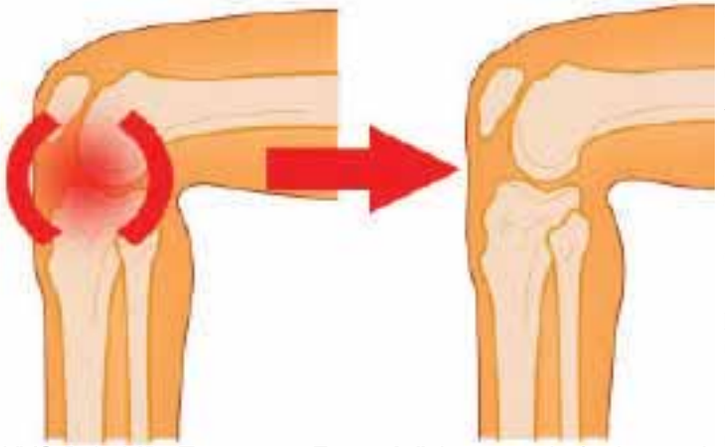

NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

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- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

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Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

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Pope Francis, Vatican covered up sex abuse in church, former archbishop says

The former US ambassador from the Vatican has accused Pope Francis of participating in the cover-up of the Catholic sex abuse scandal.

SAM NEWHOUSE
sam.newhouse@metro.us

The fallout from the Pennsylvania grand jury report documenting decades of sexual abuse within the Catholic church continues as critics are now blaming the Vatican and even beloved Pope Francis for possibly participating in covering up the sexual abuse of children by members of the clergy.

On Tuesday, Pennsylvania Attorney General Josh Shapiro doubled down on his claims that the Vatican was aware of the sex abuse going on in Pennsylvania and participated in the cover-up.

"They [the grand jury] found that not only was there widespread sexual abuse, rape of children, but they found that there was a systematic cover-up that went all the way to the Vatican," Shapiro said on Tuesday on NBC's "Today" morning talk show. "What was so profoundly horrifying about this was church leaders would lie to parishioners on Sunday, they would lie to the public, they would shield these predators

AG Josh Shapiro GETTY IMAGES

Pope Francis GETTY IMAGES

Would the resignation of Pope Francis divide the church?

Metro spoke with James T. Bretzke, professor of moral theology at Marquette University.

Q: Is it a bold move to ask Pope Francis to step down?
The former Ambassador of the Holy See, Viganò, came forward with grave accusations. Given the fact that Vatican diplomats have sworn to silence, it is a bold move to ask the pope to resign. Since there is a battle in the church going on — between the conservative branch of Viganò and the liberal branch, which adheres to the pope — Viganò's claims need some additional proof.

Q: What happens if Pope Francis resigns?
Well Pope Francis is past 80 and has a number of health problems, so he could resign [or die] due to these as well as the constant resistance from the ultra-conservatives in the church. If he were to resign, then the same thing would happen as when Pope Benedict XVI resigned in February 2013: The "chair of Peter" would be declared "vacant" and then those cardinals under the age of 80 would gather in Rome and elect a new pope.

Q: What to expect?
I suspect that more people will come forward, as cardinals Cupich and Joseph Tobin have already done, and call into question or refute some of the major conjectures and speculation of Archbishop Viganò. I would suspect that there will be an increasing backlash against Viganò and those who have supported him so far. I believe that Pope Francis is a man of great integrity and holiness, and I think most people will see this.

MIGUEL VELÁZQUEZ / MWN

from law enforcement, but then they would document all of it and place it in in the secret archives."

Shapiro, as he previously asserted at the time of the grand jury report's release, asserted that clergy members and Vatican officials knowingly shielded priests from the eyes of the law by covering up the abuse and moving predator priests to different assignments.

Shapiro added that in two weeks, his office has received 733 calls to its special clergy abuse hotline.

But he stopped short of directly accusing Pope Francis, who was elected in 2013, and replaced Pope Benedict XVI, the first pope to resign from the office in six centuries. Pope Francis has apologized extensively for the abuse and ensuing cover-up.

"We have evidence that the Vatican had knowledge of the cover-up — I can't specifically speak to Pope Francis," Shapiro said.

"Read the document carefully and judge it for yourselves."

Pope Francis

However, the pope has come under scrutiny, with a fellow church leader saying the Holy Father was indeed complicit with the cover-up of some sexual abuse in the church.

Meanwhile, Archbishop Carlo Maria Viganò, 77, has accused Pope Francis of knowing about sex abuse by a former U.S. archbishop and demanded he resign.

"Francis is abdicating the mandate which Christ gave to Peter to confirm the brethren," Viganò wrote in an 11-page letter, in which he accused Francis of knowingly repealing sanctions set against former Washington, D.C. Archbishop Theodore McCarrick, who allegedly sexually abused seminarians and young priests.

"Pope Francis must be the first to set a good example for cardinals and bishops who covered up McCarrick's abuses and resign along with all of them," Viganò wrote.

Francis, who was confronted with these accusations after visiting Ireland to apologize for the sex abuse scandals that have erupted there, said he would not comment on the letter.

"Read the document carefully and judge it for yourselves," Pope Francis said. "I will not say one word on this. I think the statement speaks for itself, and you have sufficient journalistic capacity to reach your own conclusions."

Viganò's credibility has been questioned, with some critics noting he holds homophobic stances. He lost his position in 2016 after arranging the pope's 2016 trip to the U.S., which included a mass in Philadelphia, but more controversially, included a visit with a Kentucky court clerk who had refused to acknowledge gay marriages. It remains unclear if his claims will be proven or if they merely symbolize an unresolved feud among church leadership.

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110th Street BC station to reopen Labor Day weekend

After closing in April for critical repairs and reconstruction, the 110th Street BC subway station will open to southbound service on Sunday, with both directions officially returning Tuesday. WIKIMEDIA

Southbound service begins Sunday, with both directions returning in time for Tuesday's commute.

NIKKI M. MASCALI
nikki.mascali@metro.us

Labor Day is a holiday not usually accompanied by gifts, but thousands of straphangers in Manhattan will be getting one anyway as the Cathedral Parkway-110th Street BC subway station reopens for service this weekend.

Southbound service will resume on Sunday, with service in both directions officially returning at 5 a.m. on Tuesday, just in time for you to return to work after the forthcoming long holiday weekend.

The 110th Street station closed in April for infrastructure repairs and other enhancements that required complete demolition and reconstruction. The work that has been done over the course of the past few months includes repairing the station's corroded and rusted structural steel and platform concrete and replacing the platform edges, stair treads and wall tiles, the MTA said.

New railings, digital signs, improved wayfinding, a brighter turnstile area and security features have also been added to the station.

Additionally, MTA Arts & Design also expanded "Migration," the 110th Street station's existing glass mosaic artwork that celebrates its location in Frederick Douglass Circle. Created by New York native Chris Wynter, "Migration" was originally installed in the station in 1999.

"We're thrilled to be returning this station to the community in better condition than it's been in for decades, with critical structural repairs performed and brand-new features that will make planning and taking trips with us easier and more convenient than ever," NYC Transit President Andy Byford said in a statement.

The 110th Street subway station is used by more than 7,500 straphangers each weekday, the MTA said. The station first opened in September 1932. 110th Street is also known as Cathedral Parkway due to the close proximity of the Cathedral of Saint John the Divine.

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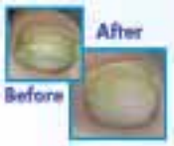

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Before you hit the road for your last summer hurrah this Labor Day weekend, you might want to check when the best time to leave is. PIXABAY

Expect traffic delays (as usual) during Labor Day travel

Before you hit the road, you might want to see this data from Drivemode.

NIKKI M. MASCALI
nikki.mascali@metro.us

Labor Day is nigh, which means that you may be hitting the road to squeeze in one more ounce of fun before summer unofficially comes to a close this weekend.

As millions of other Americans are expected to be traveling alongside you, there's a very good chance your Labor Day weekend will begin with a lot of traffic and gridlock as you head to your destination.

Those looking to leave Philadelphia on Thursday for Labor Day weekend could see slow travel times between 2-3 p.m., while 6-7 a.m. is the slowest time on Friday.

But with a little proper prior planning — and some data from safe-driving Android app Drivemode — you may be able to travel unscathed. In a new study, Drivemode analyzed driving conditions in 19 big cities across the country to find out which hours on the Thursday and Friday before Labor Day might have the slowest travel times.

The app looked at driving trends of more than 756,000 users ahead of this year's Memorial Day weekend and compared the number of minutes it took average drivers to travel one mile, hour by hour, on the Thursday and Friday before the holiday.

"Drivers are always trying to beat traffic, and before a holiday weekend, they are often more motivated to spend the least amount of time on the road as possible," said Yo Koga, Drivemode CEO and founder. "We can see that drivers in different cities experiment with different times to leave, often coalescing around surprising times. Whether it's because of day shifts ending or flexible holiday office hours, each city reveals its own unique trends for trying to beat traffic."

If you plan to travel on Thursday, you might not find a wide-open road. Drivemode found that the day's slowest traffic was worse than Friday's in Boston, Chicago, Denver, Houston, Los Angeles, Miami, Minneapolis, Phoenix, San Francisco, St. Louis, Tampa and Washington, D.C.

"We can see that drivers in different cities experiment with different times to leave, often coalescing around surprising times."

Yo Koga, Drivemode CEO and founder

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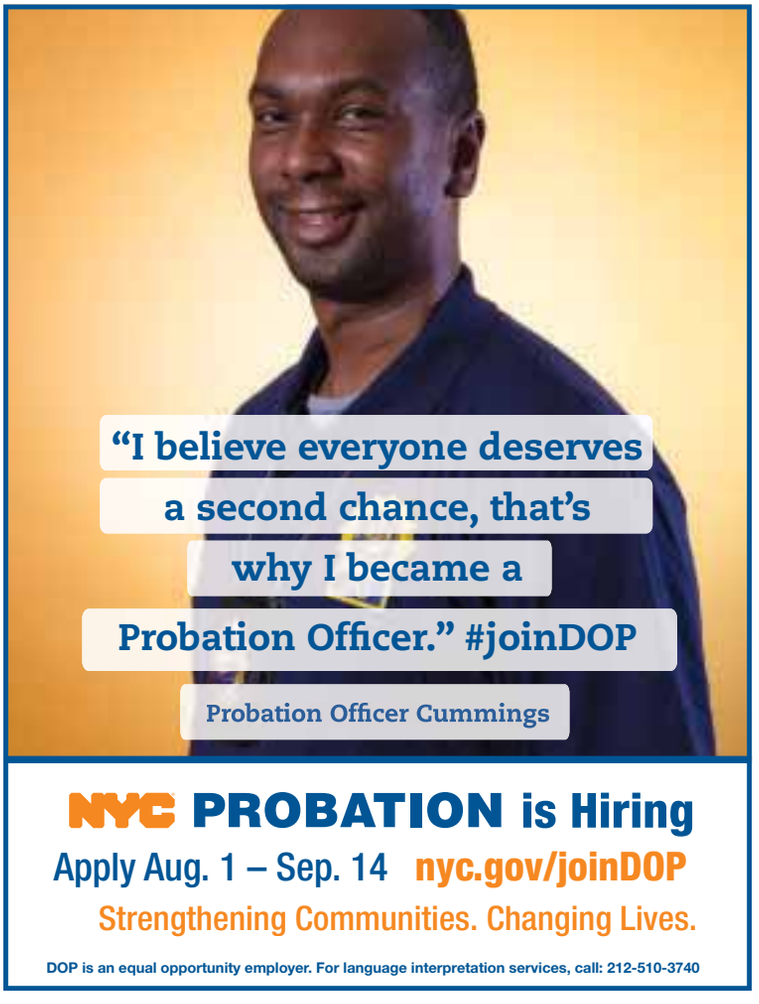
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SPLIT UP THE L TRAIN REPLACEMENT BUSES!
A majority of L train riders do not consider 14th Street their daily business/shopping destination. They are simply making connections with other subway lines. 14th street businesses and residents will suffer. 23rd Street and 34th Street are closer to the ferry slips carrying the L train refugees. AND city traffic planners have already made it impossible for cars on 23rd and 34th streets to make any turns. Experienced drivers have long been avoiding 23rd and 34th because of that restriction ... so those streets have reduced traffic loads.

Share the load!!!! Split up the L train replacement buses among 14th, 23rd and 34th streets and keep the NYC traffic flowing while limiting devastation on 14th Street.

— G. J. Jones, *Metro New York reader*

CLEAN UP AFTER YOUR DOG!
I simply wish people would clean up after their dogs. Do they still make pooper scoopers? The amount of dog crap decorating the streets is ridiculous. I get so tired of feeling like I'm walking across a minefield just to get to the train.

—Tracey Young, *Metro US reader*

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The winning caption from Jeff Dow, *Metro Boston reader*

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Aries Be clear regarding what you will and will not do. Listen to what's being offered and negotiate to get what you feel is fair. Nurture an important relationship.

Taurus Make change count. A lateral move will leave you unsatisfied and searching to fill the void you are feeling. Use your experience to navigate your way to a better position.

Gemini Look for answers within. Discuss your feelings with the people you live with. Make a point of bringing about purposeful changes that will improve life for everyone affected.

Cancer Socialize, network or make plans to do something with the youngsters or seniors in your life. Don't let a personal situation turn into a dispute. Keep the peace.

Leo You may be feeling playful, but that doesn't mean you should spend foolishly or indulge to the max. If you take better care of yourself, you'll have few regrets.

Virgo Bring about change. Look at your options and don't shy away from doing something you've never done before. Take a leap of faith and trust in your ability to get things done.

Libra Bring about change. Look at your options and don't shy away from doing something you've never done before. Take a leap of faith and trust in your ability to get things done.

Scorpio Participate physically, not verbally. Discussions will prompt someone to pressure you into taking on more than you can handle. Choose to go it alone and get things done without interference.

Sagittarius A situation at home or a gathering of friends and relatives will bring you to some conclusions that will help you make a lifestyle change. Romance is in the stars.

Capricorn Don't underestimate the capabilities of someone close to you. Protect your assets and don't leave passwords out in the open. Make changes to secure what's yours.

Aquarius Put more effort into making personal gains and physical improvements, and toward solving emotional issues that are troubling you. Communicate and clear the air before someone takes advantage of you.

Pisces Handle partnerships with care. Emotional tactics will be used to pressure you into doing something that isn't your responsibility. Make your position clear and only sign up for what's reasonable. EUGENIA LAST

‘Ozark’ star Trevor Long sought laughs from Larry David

The actor’s character Cade Langmore comes to the fore in season two of the Netflix crime drama.

ANDREW HUSBAND
letters@metro.us

“Ozark” returns for season two on Netflix this week. ALL PHOTOS JESSICA MIGLIO/NETFLIX

In the first season of the Jason Bateman and Laura Linney-led Netflix crime drama “Ozark,” the name “Cade Langmore” was whispered by locals who were fearful that the jailbound devil might come from behind a tree or trailer and snatch them away.

In season two, which will be available for fans to binge on the streaming service beginning this Friday, the head of the Langmore family finds himself no longer confined by prison bars, which means the Byrde family’s criminal escapades are now his to manipulate, if not wholly disrupt. Trevor Long, who plays the feared father of Julia Garner’s Ruth, a local ally to Marty (Bateman) and Wendy’s (Linney) various enterprises, now has a lot more to do in the would-be heir to “Breaking Bad.”

This means long hours spent portraying a particularly dark character in an even darker show. To get past the series’ somber tone, however, Long admits he sought solace in the comedy of Larry David to lighten the mood for himself and his fellow actors.

“I want to be in it as much as I can when I’m preparing to just put myself in,” he explains. “When the camera’s rolling, I put myself in it, but when the camera’s off, we like to have fun and bust around and tell jokes. Charlie [Tahan] and Julia even got me hooked on ‘Curb Your Enthusiasm’ with Larry David. I’d never watched it before, but I was like, ‘Oh my God!’ That was my release. I’d watch Larry David every night after shooting because you want to be as light as possible. I mean, you have to have that mix.”

Yet for all the inherent darkness that “Ozark” sees in its characters, Cade among them, Long argues that the show’s particular strain of humor shines just a brightly, especially when the occasion calls for it.

“There’s definitely some humor with Cade,” he says. “You got a glimpse of it in the prison, and it’s a little dark, but he’s definitely got a sense of humor. You find a lightness when and where you can. When those moments come, I really, really try to find them and let them in. That sense of humor, and busting around with his nephews and his daughter. ... That was important.”

It’s especially important to Cade and Ruth’s strained relationship, which has already been tested by the latter’s allegiance with the Byrde family in season one. Now that Cade is out, he must contend not only with the region’s criminal newcomers, but with his own flesh and blood. Luckily for “Ozark” and for fans of the show, Long and Garner’s work together on screen helps bring this dynamic to life with ease.

Trevor Long

“Working with her was such fun and great experience,” says Long. “She’s obviously a very talented young actress. She just was full on every time and made me very comfortable in the scene. I saw what I was dealing with, and it made me excited to get in there with her. She was just so professional and prepared.”

Asked if the task of doing even more as the previously whispered-about Cade was a daunting task, especially now that he was being paired off with (or against) Garner, Bateman and Linney, however, Long doesn’t seem worried.

“I was pretty psyched going into season two, to have daddy and daughter wreak some havoc in the Ozarks,” he laughs. “I was really excited, but yeah, it was definitely daunting. But I didn’t try to think about it too much. I was pumped.”

“Ozark” season two premieres Friday, Aug. 31 on Netflix.

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Why do we hate optimists?

Metro investigates why we don't want someone to be happy.

LUZ LANCHEROS
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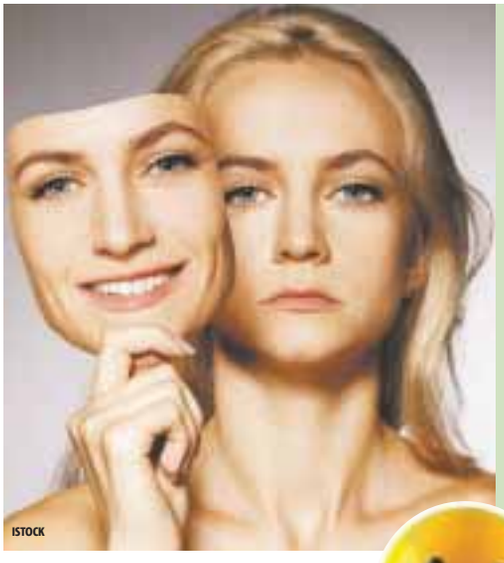

ISTOCK

"The ideas that people have about positivism and negativism are witty. And it's part of our existence to experience both."

Jamie Gruman, researcher on positive organisational psychology and socialisation at the University of Guelph, Canada

"Every day I wake up and thank the universe for everything…" "Today I feel lucky and I appreciate being who I am."

Such messages are all over WhatsApp and Instagram attached to images of everyone from celebrities in front of mansions to your cousin in the suburbs. Positivity is everywhere: on social media, at your workplace, self-help books. That is perhaps why people have started to hate it.

Scientists have confirmed it. Pat Barclay and Aleta Pleasant of the University of Guelph in Canada reported that "too good" people are getting punished by others who don't buy it — the excess of optimism is not real.

"People hate all this, and it makes them frustrated because such messages are just too much. They seem one-sided and unrealistic. When people react to an 'attack' of positive messages, they are telling themselves that their life is not as ideal," says Jamie Gruman, researcher on positive organizational psychology and socialization. "Life is complex. It has happy parts and very hard ones too. Some days it is wonderful, and others it is terrible."

What happens on social media can also be observed at work, with employees forced to participate in integration activities and read positive slogans over e-mail.

"Images of people who are happy and productive have a long history," Gruman adds. "However, workers face a challenge to maintain a positive attitude without any help from the work environment. That is where the company must take the responsibility to create it.

"In a place with job overload and people needed to be always available it becomes exhausting. Thus, 'you must have a positive attitude' slogans stop being fair or reasonable."

The experts say it is better to be positive than negative, but expectations should be tempered by acknowledging real life.

"The ideas people have about positivism and negativism are witty. And it's part of our existence to experience both," Gruman says.

After all, everything is a matter of balance: being happy is part of life, as well as being sad. And eliminating either of the two elements could be painful. Or at least make us see that only happiness does not really reflect our personalities.

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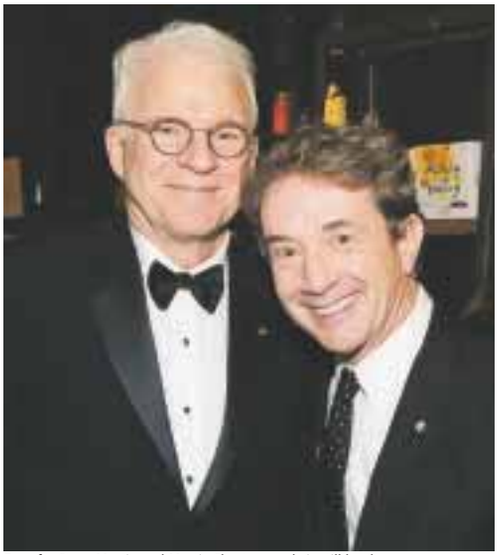
Steve Martin and Martin Short on friendship and why comedy never gets easier

The legendary funnymen open up about their careers, working together and more.

A.D. AMOROSI
letters@metro.us

Steve Martin and Martin Short have shared a friendship for decades, a camaraderie that shows when speaking with the pair as they get ready to hit the east coast for Labor Day weekend with their live production. Ahead of their upstate New York stops at the Constellation Brands Marvin Sands Performing Arts Center on Aug. 31 and Bethel Woods Center for the Arts on Sept. 1, we caught up with the duo to chat about their careers and why working in comedy never gets easier.

What have you learned about yourself and each other during this tour?
Steve Martin: I actually found that I enjoyed live performance again as I haven't done so in such for a long time. I mean, I did the Steep Canyon Rangers shows with Edie Brickell, but that was different, that was all music. I hadn't performed comedically on a live stage since 1981. I do also know the reason that I am enjoying performing live is that I have a great partner. I wouldn't be enjoying this as much if it was just me. In that case, I would be alone backstage thinking, afraid. Now, there's Marty and the band. Everyone is joking around before the show.
Martin Short: I have to be honest. I don't know that I've learned so much, that I didn't know. Steve's work ethic, his focus, his writing abilities. His dedication to giving 100 percent for any job, no matter what the circumstance is always astounding. I knew that though. I have known Steve intimately for 35 years.



Even for Steve Martin and Martin Short, comedy is still hard. GETTY IMAGES

What percentage of the show are you riffing?
Martin: Lenny Bruce once reminded people that his act may have seem ad-libbed, but he was adamant that he ad-libbed maybe three minutes, tops. Our show? We ad lib maybe five, maybe 10 or none. We're planners. You got to have a reason to ad lib. One ad lib in one show could turn into a three minute routine in a subsequent show. You're gingerly trying material from one town to another town.
Short: Steve has written books and plays and started as a writer. I started as an improviser. His focus comes from that tradition. I'll give you an example: Steve loves to tweet. I'm not so comfortable with it. With him, there is a certain ease. We were going to a Vanity Fair party, and I remember looking over at him, tweeting. He wrote that he was anxious to get to know Cher on a first name basis. Now that is a great joke and if I had thought of it I would tweet that out too.

What's inspiring you comedy-wise these days? I don't see the two of you as political.
Martin: We have developed, within the last three months on the road, about 25 minutes of new material. That's thrilling to watch unfold. We like developing, cutting and hoping to make the show better.
Short: We're not avoiding politics. We can appreciate that, in most cases, one half of our audience is one party, and the other half is the other party. But, it is like inviting people in your home. You don't want to make one half of the room feel goofy. We just go from left to right and right to left.

How have you changed since you first met each other 35 years ago?
Martin: For me, it is the fact that I am looking at the end of a career. There is a certain kind of acceptance of that, and of us. With that, I feel more relaxed about going out there, onstage, because audiences have paid to see us with positive emotions regarding who we are. Sort-of. It just feels easier.
Short: It feels easier, but I will say that one of the misconceptions of being in comedy for many years the assumption is that it gets easier. It doesn't. Like doing television as I did a new series two years ago, "Maya and Marty" (with Maya Rudolph). That new show had the same level of stress as when I did "Saturday Night Live." That doesn't change for me. Once you sit back and say you have made it, you really should just quit.

Are there qualities you envy in each other?
Martin: Everyone likes Marty. I don't have that.
Short: Everyone knows you.
Martin: Yes, Marty, but no one is saying, "I wish I were a little less likable — like Steve."

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Find the bikes across the street from SpikedSeltzer's billboard in Williamsburg. PROVIDED

Get a free bike in Brooklyn

Brooklyn residents are getting some early relief from the L train shutdown, whether they've decided to stay or go.

EVA KIS
eva.kis@metro.us

Are you one of the estimated 20,000 people who will take up cycling to get to work when the L train shuts down in April 2019? Make that decision easier with a free bike courtesy of SpikedSeltzer.

The original hard seltzer is giving away bicycles to Brooklyn residents today and Thursday during prime commuting hours (5:30-7:30 p.m.). You'll find the goods across the street from SpikedSeltzer's "Pour Some Out For The L" billboard, located at 96 Wythe Ave. at North 10th Street, a short walk from the Bedford Avenue stop on the L.

The first 20 people aged 21 and over (this is the fun seltzer, after all) to show proof of Brooklyn residency will wheel away a sweet blue-and-white bike to try a new life of commuting above ground.

Don't want to take your life into your hands by riding the city's inadequate and unsafe bike paths? Your other option is to flee North Brooklyn as fast as you can while there are still apartments available in other parts of the city.

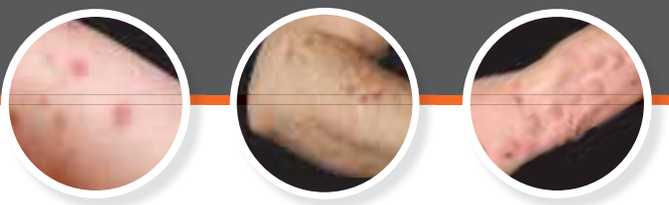
SpikedSeltzer has you covered there, too.

Instead of a bike, you can pick up a free moving box that contains a code for $5 off your first order via Drizly, the alcohol delivery service that promises to get hooch (and non-alcoholic mixers) to your door within an hour. Just please pack responsibly.

Why does SpikedSeltzer want to help ease Brooklynites' misery? It's just neighborly — the company is based in the rolling hills of Norwalk, Connecticut.

So whether you're choosing to stick it out or find greener pastures, there's only one trendy flavored seltzer brand that cares. You don't see LaCroix giving out paddleboards to cross the East River, do you?

INTENSE ITCHING with PRURIGO NODULARIS?



Right now, doctors at **Sadick Research Group** in Manhattan are conducting a new research study for **chronic itch with prurigo nodularis (PN).** The study is for an investigational medication that may help reduce uncomfortable itching associated with PN.

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To learn more, please contact us:

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Williams' on course to meet at US Open

The star American sisters could meet in the third round of the American Grand Slam.

ADAM ZAGORIA
sports@metro.us

NEW YORK – Nearly two decades ago, the US Open moved the women's final to prime time on Saturday night to showcase rising stars Venus and Serena Williams.

In their first meeting at the Open in that 2001 final, Venus beat her little sister in straight sets for her second Open crown. A year later, Serena returned the favor and downed her big sister in two sets for her second title in Flushing Meadows.

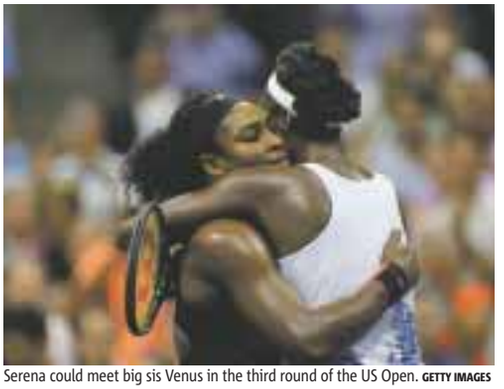
Now the sisters appear on a collision course yet again, but their meeting would happen in the third round of the US Open on Friday, not in the final. No doubt the tournament would showcase them in prime time in Arthur Ashe Stadium one more time.

"One more match between Serena and Venus at a major, I think would be nice," four-time US Open champ John McEnroe said Monday on ESPN.

But first, there is the small matter of their second-round matches.

After cruising past Poland's Magda Linette on Monday night, No. 17 seed Serena, who turns 37 next month, will face Germany's Carina Witthöft in the second round on Wednesday. No. 16 Venus, 38, needed three sets in brutal conditions on Monday to advance over former US Open champ Svetlana Kuznetsova and will next face Italy's Camila Giorgi.

"Obviously the next match, my opponent is not going to roll over, as well as today," Venus said. "That's really my focus. Hopefully, we'll both be there.



Serena could meet big sis Venus in the third round of the US Open. GETTY IMAGES

"There's still several matches to play before you're there," Serena said of a possible matchup with big sis.

Whoever wins a potential Serena-Venus matchup will have caught a major break because that sister won't have to face No. 1 seed Simona Halep in the fourth round as expected. Halep was sent packing on Monday by Kaia Kanepi.

Serena leads Venus 17-12 all-time, including 3-2 at the US Open. Their most recent meeting in New York came in the 2015 quarterfinals, where Serena won in three sets before losing to Roberta Vinci in the semifinals.

Their most recent tour meeting came in March at Indian Wells, where Venus beat Serena in straight sets just several months after Serena had given birth to her daughter, Alexis Olympia.

Saturday will mark Alexis' first birthday and Serena says she is still learning how to balance being a mother and a touring tennis professional. She missed Friday's media day to attend to Alexis, who was under the weather.

In New York, she also has to factor in travel time to Queens.

"It's different because it's a much further ride away obviously [than at Wimbledon]," Serena said. "I have to take an extra two hours in transit that I'm not going to see her. It's okay, though. I'm still learning to put my mask on myself. I think this is almost, in a weird way, helping me."

As usual with Serena, she is making headlines and chasing history in New York.

After Bernard Giudicelli, the President of the French Tennis Federation, said she wouldn't be permitted to wear her all-black catsuit in Paris anymore, Serena said she was "fine" with it and that an accommodation might still be made. She wore the outfit to help with her circulation after incurring blood clots following childbirth.

On Monday night, she walked onto the court wearing a black leather biker jacket featuring white stitching. She had on a black one-shoulder silhouette dress underneath.

"It's easy to play in," Serena said. "Kind of aerodynamic with the one arm free. It feels really good. Yeah, the tutu is easy to play in because I practiced in it before. That was fun."

On the history front, Serena has won 23 Grand Slam singles titles, one shy of Margaret Court's all-time record of 24. In order to make still more history, the six-time US Open champ may have to go through her big sister once more in prime time.

Venus, of course, has her own agenda.

"Winning matches," Venus said. "That's all that matters."

WHERE ARE PETER ALONSO, DOM SMITH?

OPINION

JOE PANTORNO
@JoePantorno

Would someone within the New York Mets organization like to provide a legitimate explanation as to why Peter Alonso and Dominic Smith are not in the big leagues right now?

There is no denying that the Mets and their fans are already looking ahead to next year as they finish up another dreadful season in 2018. With nothing left to play for, promising signs and moral victories are all that's left to try and fill another hollow shell that was supposed to be competitive baseball.

As always, there is some reason for optimism even though the Mets and their inept ownership will likely find a way to mess it up. Zack Wheeler has joined Jacob deGrom and Noah Syndergaard as a top-tier pitcher, one that could round out a lethal trio of arms should everyone stay healthy next year.

Amed Rosario is batting over .300 in his last 17 games while Jeff McNeil has a .336 batting average in his first 107 major-league at-bats.

But this is the Mets, so there are always moments that lead fans to believe that the organization's future is being sabotaged from within. Most notably (this year) is the absence of young first-baseman Dominic Smith and his counterpart at the position, fellow 23-year-old Peter Alonso.

While Smith has been up and down between the majors and triple-A Las Vegas, Alonso has been simply ripping the cover off baseballs. Between double-A and triple-A this season, Alonso has hit 33 home runs with 111 RBI,

Instead of gaining valuable MLB experience, Dominic Smith (left) and Peter Alonso (right) are in the minors. GETTY IMAGES

the most runs batted in by a Mets prospect since Gregg Jeffries in 1986.

Yet manager Mickey Callaway has opted to split time at first base between the recently-activated Jay Bruce, a natural right fielder, and utility infielder Wilmer Flores, who is normally a second baseman.

Putting Bruce at first is somewhat of an understandable idea. The 31-year-old has two years remaining on his contract and a crowded outfield that is expected to feature Brandon Nimmo, Michael Conforto and possibly Yoenis Cespedes would likely make Bruce the odd man out. When healthy, Bruce is a 30-home-run hitter, so the team has to find a way to get his bat in the lineup.

But this year he's batting .219 with four home runs in an injury-shortened 66 games. That's a worrisome trend that should force Callaway and the Mets to have a real backup plan.

If only they had two young talents that could very well be the future of the organization.

It's bad enough that Smith is not up on the MLB roster considering he's been given a taste of the big leagues with little opportunity to improve himself. Yes, his numbers have not been there as he's batted a measly .197 in 80 games. However, an inconsistent carousel that has jettisoned him between the majors and minors does not do much to help his development.

If the Mets truly want to see Smith get better, they should call him back up and keep him up for the rest of season.

Alonso's continued stay in triple-A, though, is by far the most puzzling factor of this situation. While he continues to rake in the minors offensively, assistant general manager John Ricco had the audacity to go on record and say that Alonso's defense is what's keeping him out of the majors.

On Tuesday, the team announced that he will not appear in the majors this year.

Alonso has a .990 fielding percentage in the minor leagues this year. The Mets have a combined .985 fielding percentage. If Ricco, Callaway and the organization truly cared about defense, they wouldn't have been playing Smith in left field.

Instead, they'll insult Mets fans' intelligence while prioritizing out-of-position veterans during a lost season.

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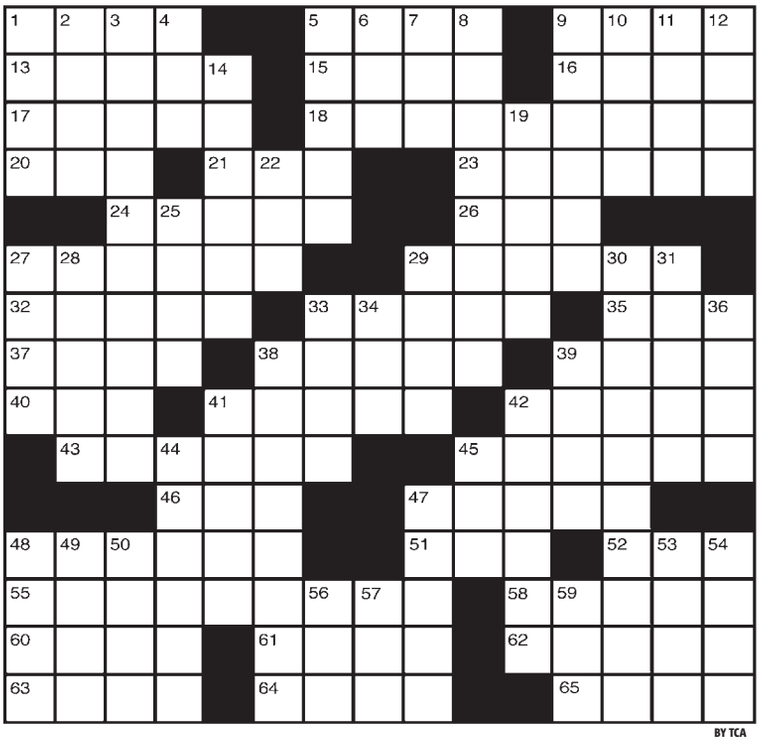

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ACROSS

1 Drain problem
5 Broth
9 Lung disorder, for short
13 Took on employees
15 Forest tree
16 Wahine's dance
17 In a rage
18 Drawn out
20 Skillet
21 Org. for Wings and Flames
23 Midwest state
24 Judge's mallet
26 "The Voice" network
27 Poor person
29 Tripoli native
32 Modify
33 Rich with foliage
35 Cauldron
37 Clothed
38 Calmness
39 Gray wolf
40 Relatives
41 Spend foolishly
42 Shoe bottoms
43 Prose writings
45 Thread holders
46 That fellow
47 "There's no such __ as a free lunch"
48 Recessed part of a room
51 Needle's hole
52 Ames and Asner
55 Mementos
58 Become less severe
60 Qualified
61 Sound the horn
62 Go down easily
63 Holey fabrics
64 Lather
65 Frosted

DOWN

1 Chocolate __ cookies
2 Italy's dollar before the euro
3 Reddish apes
4 Acquire
5 Participate in a bee
6 Car engine need
7 One in Madrid
8 Pocket-size cutter
9 Uncertain; haphazard
10 Pitcher's delights
11 "Guilty" or "Not guilty"
12 June honorees
14 U.S. state capital
19 Talkative
22 That girl
25 Ridiculed
27 Prepare for a trip
28 TV's "Kate & __"
29 Mantilla fabric
30 Sorry
31 __ Peace Prize
33 Not as much
34 Break a fast
36 Throw
38 Remittances
39 Crazy as a __
41 Forgo voluntarily
42 Salesmen's pitches
44 Pushes roughly
45 Bashful
47 Examinations
48 As comfortable __ old shoe
49 Frontal __; part of the brain
50 Small group devoted to a leader
53 City fellow on a ranch
54 Drove too fast
56 Debtor's note
57 Curtain holder
59 Actor Wallach

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O	A	B	F	X	H	M	S	M	S
P	L	I	E	I	N	R	O	C	K
M	M	L	D	A	V	M	R	G	K
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H	R	E	W	M	K	D	T	X	W
A	O	J	A	C	K	S	O	N	N
E	R	E	L	L	I	R	H	T	O
L	L	A	W	E	H	T	F	F	O
D	A	N	G	E	R	O	U	S	M

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	4	3				9	8	
			3					5
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1			8				9	
		4	1		3	5		7

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F	R	O		D	O	P	E	Y		O	P	E	N	S
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C	A	N	T	O	N			C	O	R	P	U	S	
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